PRODIGY

ATHLETIC TRAINING SOLUTIONS

www.prodigyathletics.com

Owner's Manual
Model CTE2000E

Revised 4.12.04

Children's Circuit Training & Spinning Combo Bike

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine. If you are in a class setting you must inquire about complete instructions prior to use.

WARNING: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. You could die or suffer debilitating injuries from the use of this bike. No specific health claims are made or implied as they relate to the equipment.

1. Know your heart rate and / or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are over 35 years of age or suffer from heart/respiratory problems.
3. Warm up before any exercise program with 8 minutes of aerobic activity. This can be on your bike.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes made of good support with nonslip soles. (Tennis shoes are recommended).
6. Breathe naturally, never holding your breath during an exercise.
7. Perform exercises consistently with proper technique and pass through a full range of motion.
8. Avoid over training. You should be able to carry on a conversation while exercising.
9. After an exercise session, cool down by stretching.
10. Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
11. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
12. Only one person at a time should use this machine.
13. Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
14. Always use this machine on a level surface.
15. Never operate the machine if the machine is not functioning properly,
16. Start exercise slowly and gradually increase the amount of resistance.
17. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
18. Use caution not to pinch fingers or hands in moving parts when using the unit.
19. The Prodigy bike should be checked for wear before each use.
20. Care should be taken when getting on or off this bike.

BENEFITS OF EXERCISE

Regular exercise improves both the quality and quantity of life.

The benefits of regular participation in a well balanced fitness program include:

1. Weight loss
2. Improved body shape and definition
3. Increased muscle mass, strength, endurance, power, and definition.
4. Enhanced flexibility
5. Increased metabolism
6. Injury prevention
7. Improved self-esteem
8. Improved aerobic fitness
9. Improved coordination and agility

A regular exercise program will improve the quality of your life, give you more energy.

Fifteen to thirty minutes, three times a week, or only one and a half hours a week is a small price to pay for huge benefits of a regular exercise program.

Daily Maintenance

At the end of the last class for the day release the brake tension until the brake pad no longer contacts the flywheel. This will help prevent brake squeal. Wipe the perspiration off the bike at the end of each class.

Inspect the bike for loose parts such as bolts, screws, nuts etc. Please check the brake assembly and the seat and handlebar pop pins and knobs. Check to be certain that the bike is stable and not rocking. If the bike is unstable adjust pads under front and rear stabilizers.

Weekly Maintenance

Inspect bike for loose parts such as bolts, screws, nuts etc. Please check the brake assembly, and the seat and handlebar pop pins and knobs. Check the pedals to be certain they are in good condition, they are on the crank properly and the the pedal spins easily. Apply lubrication to all pop pins, seat and handlebar posts. Lubricate moving parts with grease. Check to be certain that the bike is stable. If the bike is unstable adjust the pads under the front and rear stabilizers.
If the belt slips during pedaling follow these steps:
a. Loosen the nuts on each side of the flywheel.
b. Slowly tighten the nuts on the eyebolts equally on both sides.
c. Make sure the flywheel is aligned correctly and tighten the nuts on each side of the flywheel.

Monthly Maintenance

Check the belt to be certain that it is property adjusted.

Inspect all nuts, bolts, knobs, pop pins to be certain that they are tight and work properly, Clean the dust off of the bike and use Windex or a low PH Cleaner. Never use abrasive cleaners on the bike. Check to be certain that the bike is stable. If the bike is unstable adjust the pads under the front and rear stabilizers. Check warning label and if torn or unreadable call Prodigy for a new warning label. Check the pedals to be certain they are in good condition, they are on the crank properly and that the pedal spins easily.

TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance).
- Increased cardiovascular (heart and arteries/ veins) and respiratory efficiency.
- Decreased risk of coronary heart disease.
- Changes in body metabolism, e.g. losing weight.
- Delaying the physiological effects of age.
- Psychological effects, e.g. reduction in stress, increase in self-confidence, etc.

Your Prodigy Bike provides an excellent opportunity for a high level of overall fitness.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify Its role.

Strength is the capacity of a muscle to exert a force against rseistance. Strength contributes to power and speed and Is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. It is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MV02), This Is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An Increased MV02 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher Intensity of exercise is required to create an overload and therefore provide continued improvement.

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, e.g. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If It is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough increase your pulse rate, bid not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate Is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. Formula (220 - age x 70%)

The following table is a guide to those who are “starting fitness”.

Age	8	15	20	25	30	35	40	45	50	55	60
Target Heart Rate											
10 Second Count	24	23	23	22	22	21	20	19	19	18	18
Beats per Minute	144	140	138	132	132	128	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 Seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you’re above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum. Formula (220 - age x 80%)

Age
8 15 20 25 30 35 40 45 50 60

Target Heart Rate

10 Second Count
27 27 26 26 25 24 23 22 22 21 20

Beats per Minute
164 160 156 150 144 130 132 132 126 120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to clay variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage. Circuit training can combine strength and cardio for the best results.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against. You may also increase the intensity by increasing the repetitions.

Periodization

This is the term used to vary your exercise program for both physiological and psychological benefits In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale, bring in periods of lighter exercise to allow your body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Rest Periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage half minute to one minute rest periods.
If you are involved in an aerobic curcuit traing program you may only have 10 - 15 seconds to change stations.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups, This is quite normal and will disappear in a matter of days.

It you experience major discomfort, you may be on a Program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to coal. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”

Breathing During Exercise

Do not hold your breath while exercising, Breathe normally as much as possible. Remember, breathing Involves the intake and distribution of oxygen, which feeds the working muscles.

PROGRAMS

The program you follow should be determined by your fitness level, available time and goals. It is highly recommended that you review the heart rate and pulse count within this manual and obtain a better understanding of your capabilities and the intensity that best suite you and your goals.

First time exercisers should follow Program #1 and gradually build up both the time and intensity of your workout. If you are already a regular exerciser, you may wish to follow Program #2.

Always remember to warm up and cool down and never try to over do it, moderation and consistency is the secret to long term results.

PROGRAM 1. Initial Conditioning Program

Frequency: 3-4 times per week

Duration: 20-30 minutes

Intensity: 60-70% of age predicted maximum heart rate

When first starting an exercise program, the emphasis should be placed on gradually building up to 20-30 minutes of continuous activity, not on achieving and maintaining a specific exercise intensity. Once 20-30 minutes of continuous activity can be performed, the emphasis can be moved to gradually building up the time for which you exercise at the recommended intensity level. This program should be followed for the first 6-8 weeks of training.

PROGRAM 2: Intermediate Conditioning Program

Frequency: 3-5 times per week

Duration: 20-45 minutes

Intensity: 70-80% of age predicted maximum heart rate

In most cases, this program will produce results consistent with the fitness goals for the majority of the general fitness population. Training at higher levels of frequency, duration and intensity than these is normally reserved for the competitive athlete.

PROGRAM 3: Advanced Conditioning Program

Frequency: 4-6 times per week

Duration: 30-60 minutes

Intensity: 80-90% of age predicted Maximum heart rate

This program should be undertaken only by those individuals having a need to develop and maintain the highest levels of cardiovascular fitness. As an alternative to continuous high intensity exercise, an interval training format can be followed during which short bouts (30-60 seconds) of high intensity exercise (faster pedal speed) are alternated with longer bouts (1-2 minutes) of tower intensity exercise.

If you should ever stop your exercise program for a peroid of time upon your return you should start program one and progress to program three.

LIMITED WARRANTY

This is warranted to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, it shall be repaired or replace it within **ONE** year of purchase. This warranty does not cover cost of removal, transportation or reinstallation. This warranty shall not apply if defect was caused by misuse, neglect or normal wear and tear. Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERICAL USE; All malfunctions of upholstery grips, paint and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery after one year, all malfunctions of bearings or bushings that occur after one year, the frame and all welded components are warranted for the fife of the product.

HOME USE; All malfunctions of grips, paint, and chrome that occur after first year, all malfunctions of electronic components, belts, cables, or upholstery that occur after first year; all malfunctions of bearings or bushings that occur after first year, the frame and all welded components are warranted for the life of the product.

WHAT IS NOT COVERED BY THIS WARRANTY; The sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty. NO CONSEQUENTIAL DAMAGES. No responsibility for economic loss, profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE; This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignments or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the first described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability of fitness for a particular purpose, There are no warranties, which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR,ACCIDENT. DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD. ACTS OF GOD. The warranty is not responsible for the repair or replacement of any parts that Prodigy Athletics and Fitness determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse normal wear & tear, accident, damage during transit or installation, fire, flood, or ACT OF GOD.

TRANSPORTATION COSTS. WARRANTY CLAIMS. All claims should include; model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

PLEASE KEEP THIS FOR YOUR RECORDS

IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING

Tools needed for assembly: Hammer, Adjustable Wrench

FIGURE 1 - ASSEMBLY

Step 1. Attach FRONT STABILIZER (2), with CASTERS (45) and REAR STABILIZER (3) to FRAME (1) with M8 x 73mm CARRIAGE BOLTS (31), M8 WAVE WASHERS (37) and M8 CAP NUTS (40).

Step 2. **NOTE:** One PEDAL (7) has RIGHTHAND threads and the other has LEFTHAND threads.
Thread RIGHTHAND threads into RIGHT CRANK ARM (8) and LEFTHAND threads into LEFT CRANK ARM (8). Thghten securely.

Step 3. Remove NUTS and WASHERS from SADDLE (28) and attach SADDLE to SEAT POST (4) with NUTS and WASHERS.

Step 4. Insert SEAT POST (4) into FRAME (1), with adjustment holes facing to the rear, and lock at desired height by threading LOCKING LEVER HANDLE (26) into FRAME until tight.
IMPORTANT: Make sure SEAT POST is locked before exercising.

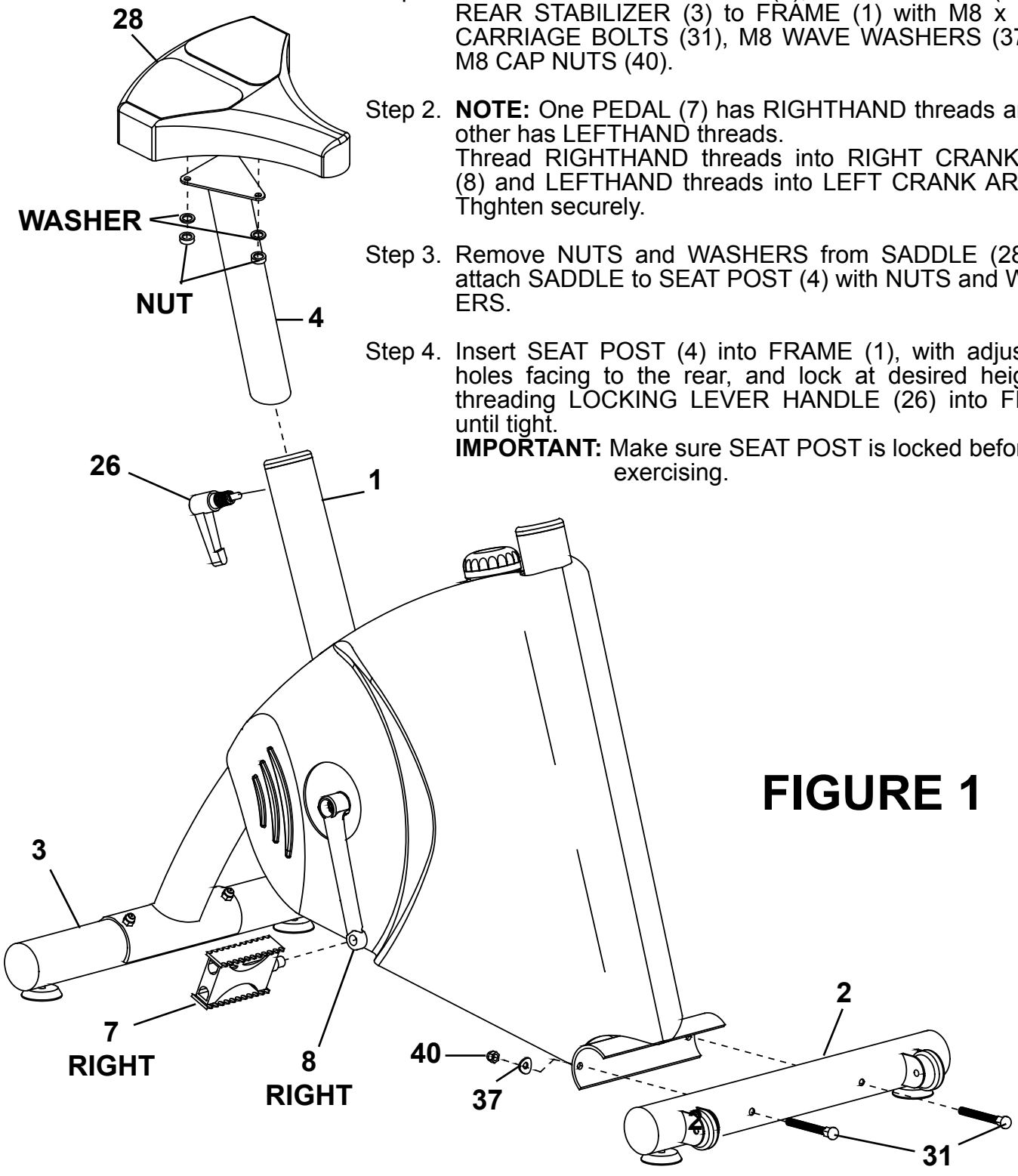


FIGURE 1

FIGURE 2 - ASSEMBLY

Step 5. Tie a piece of string onto the REED SWITCH WIRE (49), see Detail, and insert string up through the HANDLEBAR POST (5).

Step 6. Holding the string, slide the HANDLEBAR POST (5) into FRAME (1), with adjustment holes facing front, and lock at desired height by threading LOCKING LEVER HANDLE (26) into FRAME (1) until tight.

Step 7. Pull plug of REED SWITCH WIRE (49) through hole at top of HANDLEBAR POST (5).

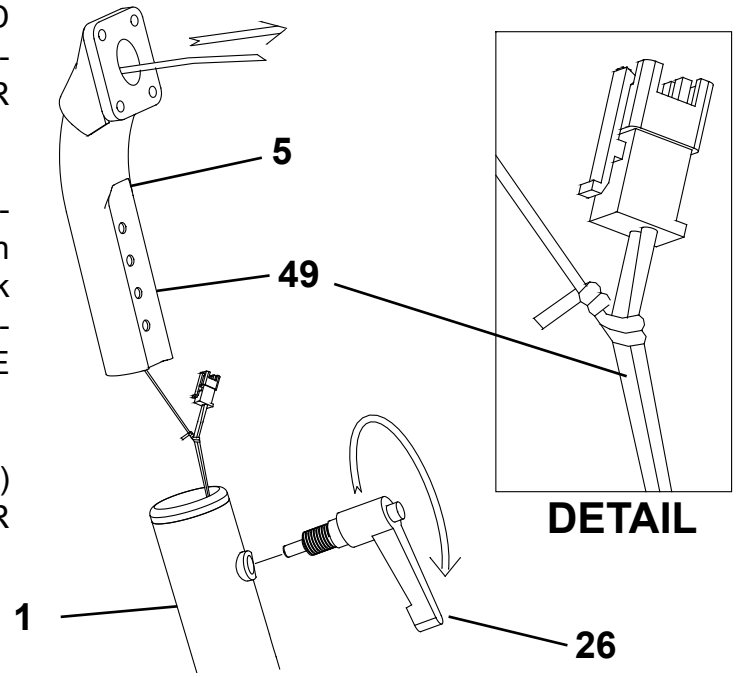
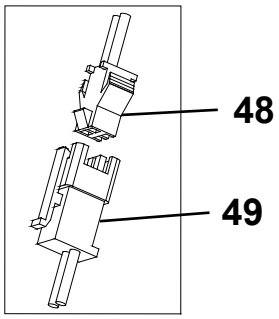


FIGURE 2



DETAIL

FIGURE 3 - ASSEMBLY

Step 8. Attach HANDLEBAR (6) to HANDLEBAR POST (5) with M8 x 15mm BOLTS (33) and M8 SPRING WASHERS (39).

Step 9. Plug EXTENSION WIRE (48) into REED SWITCH WIRE (49), see Detail.

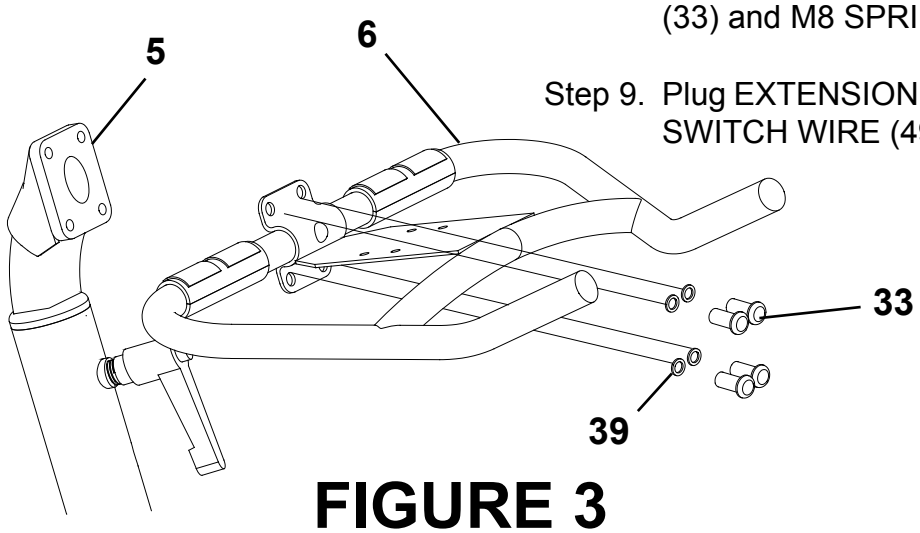


FIGURE 3

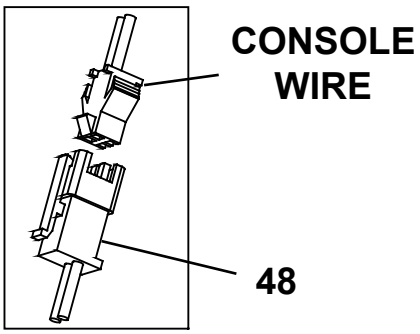
Model CTE2000E Children's Circuit Training & Spinning Combo Bike

FIGURE 4 - ASSEMBLY

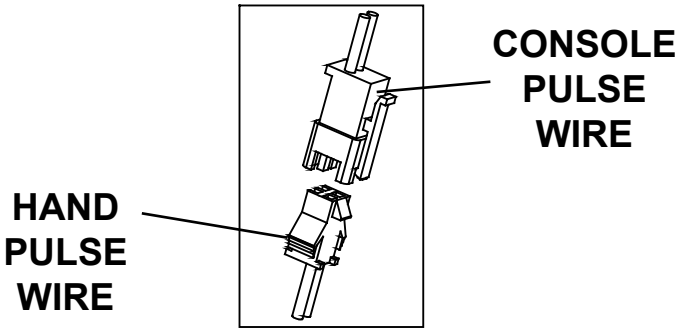
Step 10. Remove the four SCREWS form the CONSOLE (30) and attach CONSOLE to HANDLEBAR (6).

Step 11. Plug CONSOLE WIRE into EXTENSION WIRE (48), see Detail “A”.

Step 12. Carefully plug HAND PULSE WIRE into CONSOLE PULSE WIRE, see Detail “B”.



DETAIL “A”



DETAIL “B”

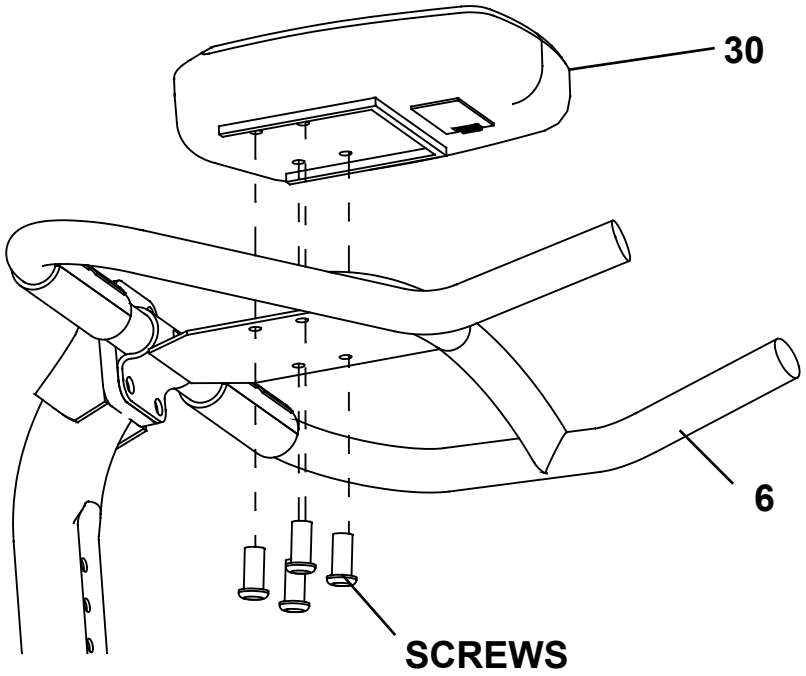


FIGURE 4

Directions for Use

- Adjust the adjust pads under the front & rear stabilizer.
- Adjust the saddle and the handlebar to desired height and lock with adjust knobs.
- Get on the bike, resistance can be adjusted with the tension knob.

Precautions

- Before starting the training consult a physician.
- If you feel faint or dizzy during the training stop immediately.
- The bike must be used under the supervision of an instructor.
- Do not use the bike for acrobatic exercises.
- Before beginning the exercising, set the knobs to their correct settings.

Monitor Operation

AUTO POWER ON/OFF
The monitor will be turned on automatically by pressing any key or start exercising. The monitor will turn off automatically if it does not detect any signals for 4 minutes.\

AUTO START/STOP
When you start exercising the monitor will display the progress of the exercise. When you stop exercising all functions will remain displayed untill monitor turns off or you continue exercising.

TIME
Time is displayed at the top left of the monitor and will count up in one second increments.

TO PRESET TIME
1. Press MODE key until the TIME window is flashing.
2. Press SET key to increase and stop when it reaches the desired time.
3. When you start exercising the time will count down.
4. It will beep for 12 seconds to indicate the comple tion of the workout. Press any key to stop beeping.

NOTES
1. To preset DISTANCE, CALORIE & MAXIMUM PULSE RATE, please refer to above proce dure for preset TIME.
2. It is recomended to preset one function only at a time. If setting more that one function, monitor will beep when reaching any of the default values.
3. The PULSE display will not beep after reaching the preset value. The display will flash con tinuously while actual heartrate detected is over the preset value.
4. Press MODE key and setting will start for TIME, DISTANCE, CAL0RIES & PULSE. To skip a function, do not press MODE again untill display stops flashing.

ACCUMLATED DISTANCE
Press and hold RESET key, TIME window will show accumlated distance. After releasing key all displays will reset to zero.

SPEED
Current speed will display in the left 2nd window.

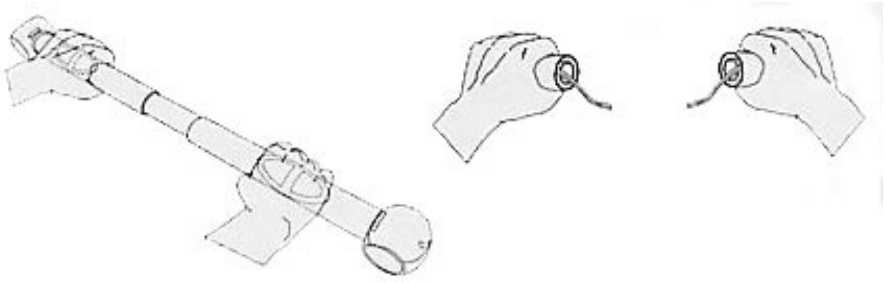
DISTANCE
The distance will display in the left 4th window.

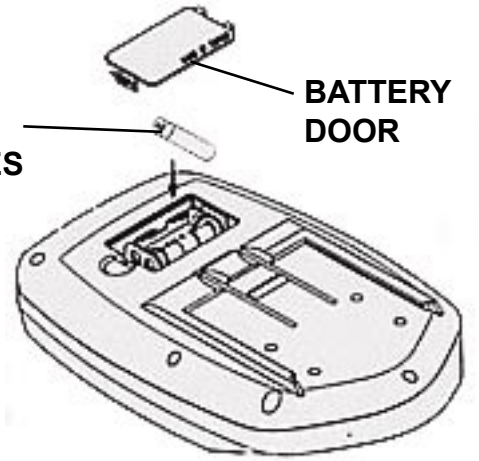
CALORIE
The calories burned will display in the 3rd window.

PULSE (Perfect pulse system)
Your current heart rate will display on the lower right LCD in beats per minute (BPM). Place the palms of your hands on both contact pads and the monitor will display heart rate. (See diagram below.)

NOTE
1. If pulse value is not preset, the monitor will display the default value at 90 BPM.
2. If no pulse signal input within 16 seconds, the display will indicate “P”. It is a power saving function. Press the up & down keys to restart pulse function.

RESET
Simply press RESET key and all displays will zero except accumlated distance.





BATTERY REPLACEMENT
Note: Removing batteries will erase all stored function readings.
1. Remove battery door from monitor.
2. Carefully remove old batteries.
3. Replace with 2 “AA” batteries and close battery door.

SPECIFICATIONS

FUNCTIONS	Current Speed	0.0 - 99.9 MPH or KPH
	Calorie Consumption	0.0 - 99.0 - 100 - 999
	Elapsed Time	00:00 - 99:59 (Minute:Second)
	Trip Distance	0.00 - 999.9 ~~MPH or KPH~~
	Pulse Rate	40 - 240 BPH
DISPLAY		Liquid Crystal Type
CONTROLLER		4 bit, 1 chip microprocessor
SENSOR		Magnetic, non-contact
POWER SOURCE		Requires 2 “AA” batteries
OPERATING TEMPERATURE		0^0C - +40^0C (32^0F - 104^0F)
STORAGE TEMPERATURE		-10^0C - +60^0C (14^0F - 140^0F)

Parts List

Item	Part Name	Qty.
1	Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Seat Post	1
5	Handlebar Post	1
6	Handlebar	1
7	Pedal	1 Set
8	Crank Arm	1 Set
9	Bottom Bracket Set	1 Set
10	Drive Pulley	1
11	Belt	1
12	Idler Pulley Section	1
13	- - - - -	- -
14	Axle of Center Pulley	1
15	Single Row Ball Bearing	1
16	Center Pulley	1
17	Belt	1
18	Axle of Inertia Pulley	1
19	Inertia Pulley	1
20	Alloy Plate	1
21	Brake Shoe	1
22	Adjust Pads	4
23	End Plate	4
24	Caster	2
25	Shroud	1
26	Locking Lever Handle	2
27	Sleeve	2
28	Saddle	1
29	Tension Knob w/Spring & 2 Nuts	1
30	Monitor	1
31	M8 x 73mm Carriage Bolt	1
32	M6 x 10mm Bolt	6
33	M8 x 15mm Bolt	4
34	M8 x 25mm Bolt	2
35	M8 x 10mm Bolt	6
36	M6 Eye Bolt with Nylon Nut	1 set
37	M8 Wave Washer	4
38	M8 x 28mm Screw	2 sets
39	M8 Spring Washer	4
40	M8 Cap Nut	4
41	Hand Pulse	L/R
42	3/8” Flange Nut	2
43	Ball Bearing	2
44	Freewheel	1
45	Ball Bearing	2
46	3/8” Nut	2
47	M4 x 20mm Screw	10
48	Extension Wire	1
49	Reed Switch Wire	1
50	Allen Wrench	2

Troubleshooting Guide

If this problem occurs:

Problem: The bike becomes uneven or it is wobbling.

Fix: Adjust the rubber adjustment pads on the front and rear stabilizers until the bike stops wobbling.

Problem: While pedaling the belt slips and you don’t have a smooth pedaling action.

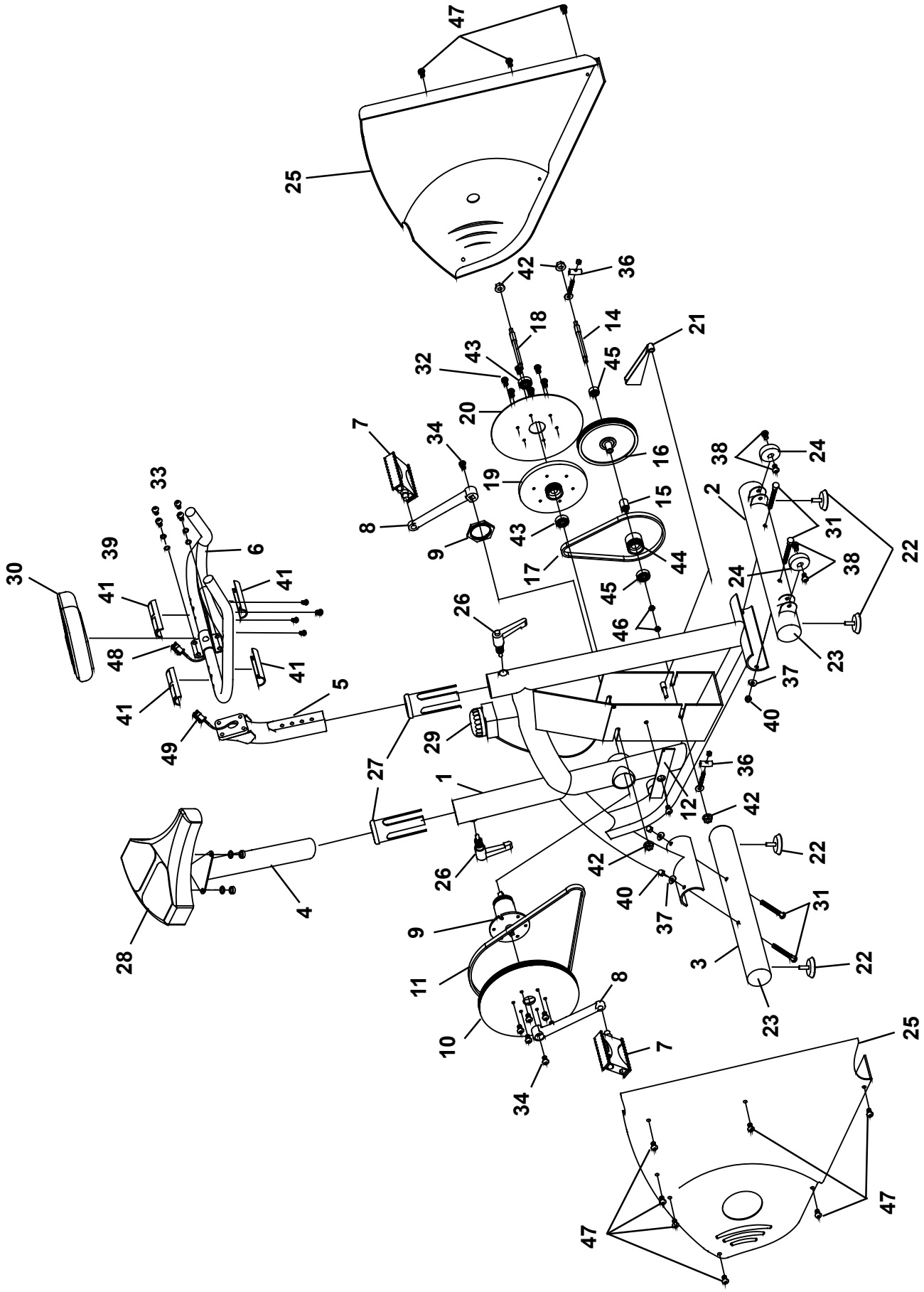
Fix: Adjust the belt tightness.

Problem. The seat wobbles.

Fix: Tighten the nuts under the seat if they are loose- Check the knob and plunger to be certain plunger is engaged and knob is tightened down.

Problem: The seat or handlebar is hard to adjust.

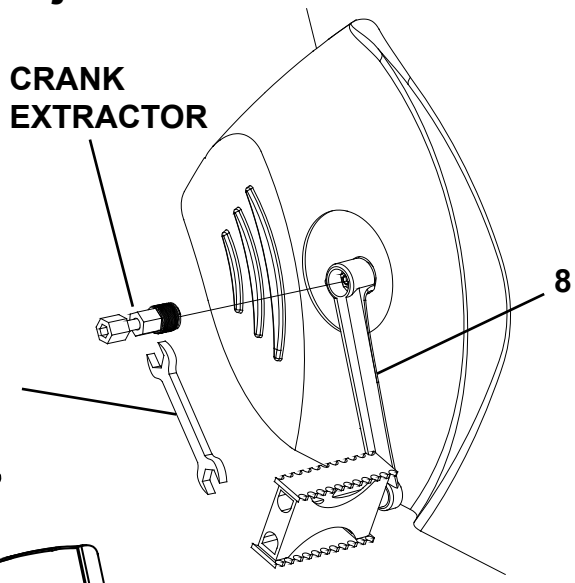
Fix: Lubricate pop pins, handlebar and seat posts.

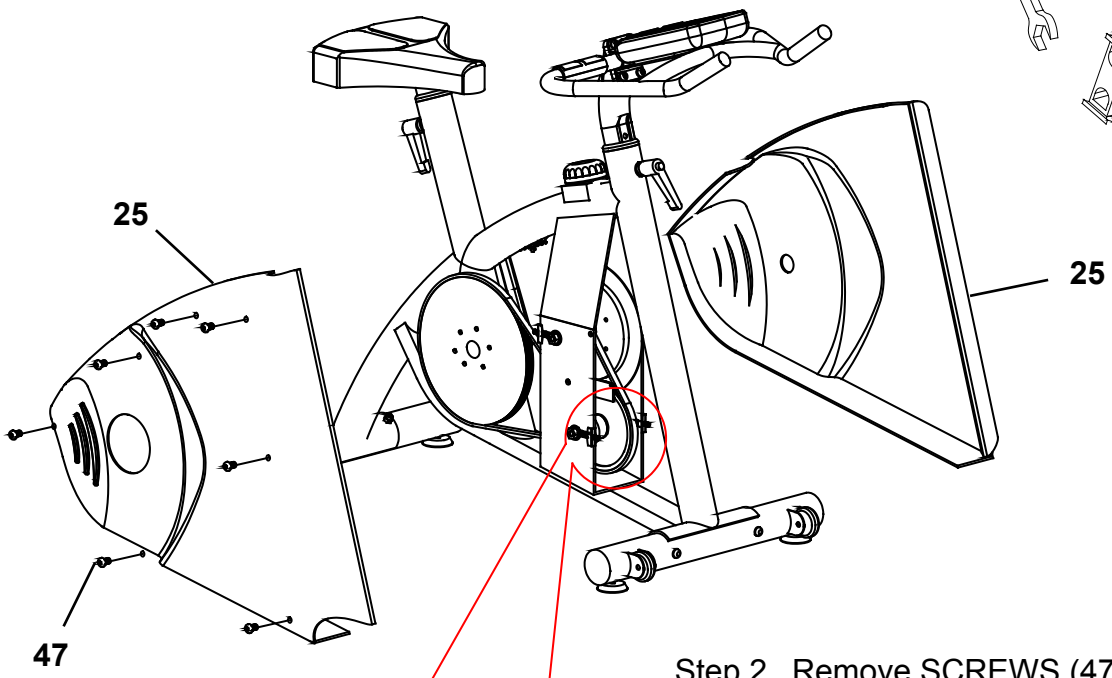


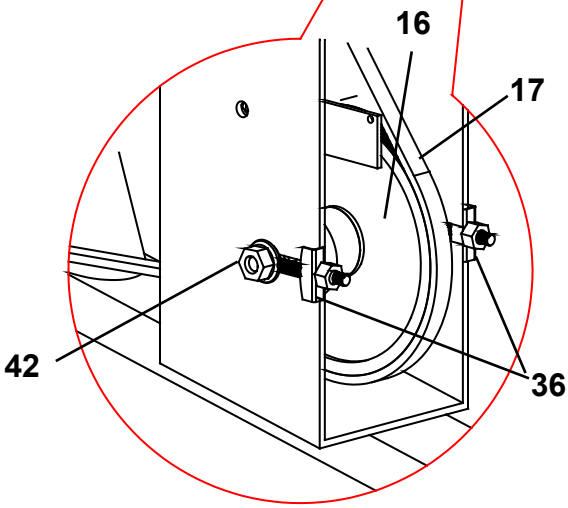
Model CTE2000E Children's Circuit Training & Spinning Combo Bike

Instructions for Belt Adjustment

Step 1. Use wrench and crank extractor, remove CRANK ARMS (8)







Step 2. Remove SCREWS (47) and both SHROUDS (25).

Step 3. Loosen 3/8 FLANGE NUTS (42) on each side.

Step 4. Tighten NUT of EYE BOLTS (36), the same amount on each side, until slack is removed from BELT (17).

Step 5. Make sure CENTER PULLEY (16) is properly aligned and tighten 3/8 FLANGE NUTS (42) on each side.